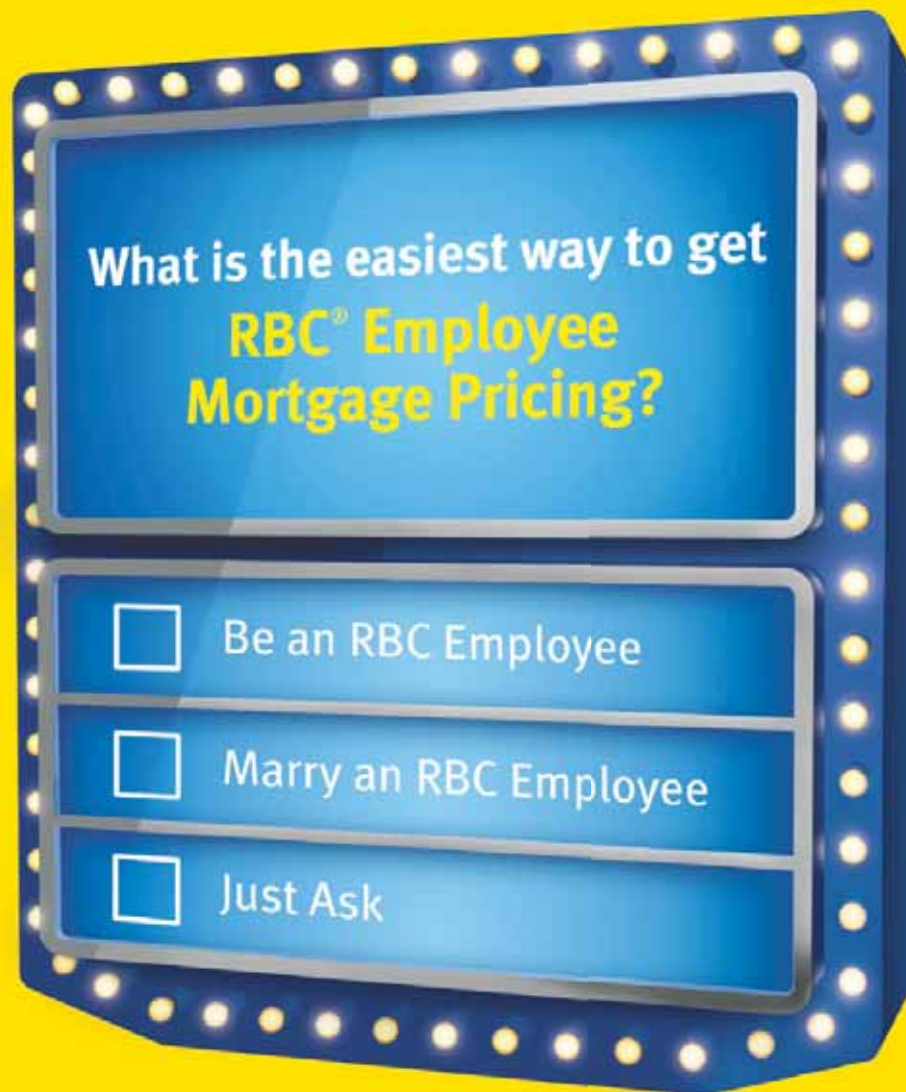


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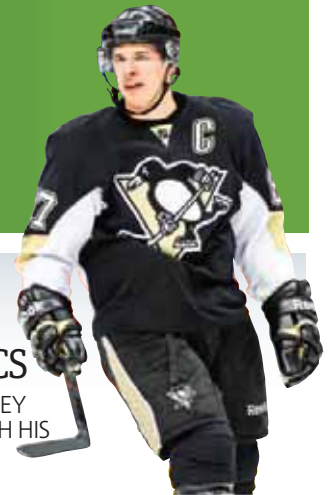
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SEE PAGE 19

'My whole life fell apart'

Mom of alleged human trafficking victim says she didn't get enough help to protect her daughter **PAGE 3**

Lack of staff to blame?

Understaffing may have contributed to latest jailhouse stabbing in Dartmouth **PAGE 4**

Hosts, Dutch dominate

Brazil beat Cameroon, Netherlands take down Chili to advance **PAGE 24**

CROSBY ALL FOR NHL IN 2018 OLYMPICS

COLE HARBOUR HOCKEY STAR HONoured WITH HIS TEAM CANADA TEAMMATES **PAGE 23**

How about more council meetings?

12-hour days.

Some councillors say bi-weekly meetings mean longer agendas but not improved efficiency



RUTH DAVENPORT
ruth.davenport@metronews.ca

With a potentially 12-hour-long meeting on the horizon, some Halifax councillors say the bi-weekly meeting schedule adopted in January isn't working.

Council voted last November to begin meeting every other Tuesday, rather than every week, ostensibly because meeting agendas were so light.

But Tuesday, council's committee of the whole will meet at 10 a.m. to debate proposed changes to the solid waste management system — including the Otter Lake landfill — then move to a lengthy

regional council meeting at 1 p.m. which includes a 6 p.m. public hearing on the Regional Plan five-year review.

Coun. Brad Johns, who voted against bi-weekly meetings, says the hefty schedule shows the change wasn't warranted.

"I felt (Tuesday's) agenda... was too ambitious. And what I was told was, 'You're off for the summer, so we have to squeeze it all in,'" he said. "But if we were meeting like we used to, we would have met last Tuesday and addressed some of those issues."

Johns said council would be more effective meeting on a weekly basis and using committee of the whole more often to replace some standing committees.

Other councillors, like Gloria McCluskey and Matt Whitman, have also questioned the new meeting set up.

"I don't think it's efficiency, I think there's other reasons why we're meeting every other week," Johns said. "Staff like to be able to control

Quoted

"I'm not willing to throw the towel in at this point."

Coun. Steve Craig on bi-weekly council meetings.

council, and when we're in there every other week, they have a little bit more control."

Coun. Steve Craig, who voted in favour of the change, said he's found it useful to have a Tuesday that's not committed to council meetings.

"I have ... the opportunity to do other things in the community, or to engage in another committee, god forbid, or some other activity," he said.

Craig said 12-hour days happened even when council was meeting on a weekly basis, and said he doesn't find the long hours compromise the quality of debate.

"The topics can hold my attention ... we're talking various topics, which are all interesting and all engaging," he said.



A MASTERPIECE IN THE MAKING

A worker takes advantage of the warm weather in Halifax on Monday to paint the Macdonald Bridge. Temperatures reached 23 C Monday and Environment Canada is calling for warm weather until Thursday. **JEFF HARPER/METRO**



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Teen's descent into prostitution enabled by system, says mother

Child welfare. Mother says system cares more about blame than help



RUTH DAVENPORT
ruth.davenport@metronews.ca

A Lower Sackville woman whose daughter was allegedly coerced into prostitution says the problem isn't the individual facing charges — it's a larger system that failed, and continues to fail, children.

Tashlynn Marie Shaw, 23, was arrested last week and is facing child trafficking and underage prostitution charges.

Police say the investigation involved two young girls — ages 13 and 14 — forced into the sex trade.

But the mother of one girl says her daughter started selling her body not because of any one adult but because of a system focused on blame rather than support.

"These girls are out there doing this stuff on their own, and it doesn't seem that anything is being done until someone of age ... is there to pin the human trafficking on," said the woman, whose name is being withheld to protect her daughter's identity.

The 37-year-old says she's struggling to save her daughter from a life of drug abuse and sexual exploitation and isn't getting help from police or any social agencies.

The problems started when the girl was 10 and the woman went through a bad breakup, turning to drugs and even prostitution to cope.

She said the formerly good girl started acting out after watching her mother "fall



Alleged trafficker Tashlynn Marie Shaw arrives at Halifax provincial court on Thursday. JEFF HARPER/METRO

Prevention

"As much as I hated that they took my kids, they needed to, and I understand that. I just wish they would have helped before it got to that point."

Mother of a teenage alleged trafficking and prostitution victim, on her children being taken away by child welfare services

apart," running away from home and pushing her mother further into self-destruction.

"I did try to seek help, and (child welfare) did send someone from the IWK — but it took two weeks for them to even get back to me," said the woman.

"She kept saying (the girl) needs to be taken out of the home, and no one listened.

And my whole life fell apart."

Child welfare took the woman's four kids, placing them with relatives, friends and foster families. At the age of 13, the eldest followed a friend into the sex trade, posing as a 17-year-old in online ads.

The mother says the girl was in and out of group homes, where a lack of structure en-

abled her sex work.

"They don't monitor them," she said. "(The kids) say they're going somewhere at 9 a.m., and they leave. And no one checks on where they're going."

The woman, who's been clean since 2012 and has completed parenting and self-help courses, now has her three younger kids on weekends and her eldest daughter full-time.

But she says her daughter has developed a taste for money and freedom and doesn't want the structure of a normal home life — and the system that was quick to take the children away isn't there to help rebuild.

"They were so focused on the blame that could be put on me and not focusing on how

Charges

Tashlynn Marie Shaw, 23, of Herring Cove Road, faces 22 charges that include trafficking a child, invitation to sexual touching, living off underage prostitution, possessing a dangerous weapon, assault with a weapon, luring children, assault causing bodily harm and forcible confinement.

she was feeling and how to deal with her issues with me," she said. "There's been more ... people that are there to feel sorry for her than want to really get down to the issues."

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Infant daughter's death. Court dismisses appeal of convicted Halifax man

Nova Scotia's highest court has dismissed an appeal from a Halifax man convicted in 2012 of injuring and causing the death of his infant daughter.

Ashiqur Rahman was sentenced to six and a half years in prison for aggravated assault and manslaughter after the trial judge found the accused lacked the empathy to understand he was injuring his seven-week-old child when he slapped and shook her in June and July of 2009.

During Rahman's trial, the court heard that Aurora Breakthrough suffered brain injuries, bleeding behind her left eye and 27 rib fractures.

Judge Felix Cacchione of Nova Scotia Supreme Court said Rahman injured the child after he became frustrated by a series of business failures and the child's crying.

In written submissions to the Nova Scotia Court of



Ashiqur Rahman THE CANADIAN PRESS

Appeal, Rahman's lawyers argued the verdicts were unreasonable or resulted from a misapprehension of the evidence.

They also argued the trial judge should not have relied on testimony from Jane Gomes, Rahman's former partner and the mother of the deceased child.

THE CANADIAN PRESS

École Beaubassin. 4 kids taken to hospital after car cuts off school bus

Halifax police say four children from a Bedford school were taken to hospital Monday afternoon after their school bus was cut off by another car.

Just after 2:30 p.m., police spokesman Const. Pierre Bourdages said a bus carrying about 40 students from École Beaubassin was forced to stop abruptly at the intersection of Bedford Highway and Larry Uteck Boulevard.

"The bus was cut off by a vehicle," Bourdages said.

Richard Landry, spokesman for the Conseil Scolaire Acadien Provincial (CSAP), said a car had crossed right

Aftermath

All of the parents were contacted, and some students were placed on another bus while some waited for their parents to pick them up, said Richard Landry, spokesman for the Conseil Scolaire Acadien Provincial (CSAP).

in front of the bus so the driver "had to jam the brakes abruptly."

Bourdages said four students were taken to the IWK Health Centre in Halifax with minor injuries. **METRO**

Bloomfield site

Correction

The story We need to think differently, which was published in the June 23rd edition of Metro Halifax, incorrectly identified the developer of the Bloomfield site as the Housing Trust of Nova Scotia. The agency developing the site is Housing Nova Scotia. Metro apologizes for the error.

Sidewalk shock

Driver ticketed after backing into pedestrian

The latest pedestrian-vehicle crash has sent a 79-year-old Halifax man to hospital. He was on the sidewalk in a residential west-end neighbourhood when he was struck by a van backing out of the parking area at 3377 Romans Ave. Sunday evening. **METRO**

Understaffing partly to blame for jailhouse stabbing: Union

'Very dangerous.'
Union president says
correctional staff
concerned with level
of violence

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The latest jailhouse stabbing has been attributed to understaffing in Nova Scotia's corrections facilities.

The Nova Scotia Government and General Employees Union (NSGEU) President Joan Jessome said staffing levels are a major contributor to the eight jailhouse stabbings in the last year.

"Working understaffed in a corrections facility is very dangerous," Jessome told Metro following a union meeting on the latest incident. "The job is dangerous and when you work short staffed we have a concern."

A 39-year-old Glace Bay man was stabbed several times by five other inmates in the day room at the Central Nova Scotia Correctional Facility in Burnside. He was rushed to hospital with life-threatening injuries and there is no update on his status.

Jessome said the corrections staff who responded to the stabbing worked quickly.

"The officers did a phenomenal job," said Jessome. "They were there in literally seconds."

A source has identified the victim as Thomas Ted Barrett, who had been transferred to the Burnside jail to await a Halifax court appearance



The Central Nova Scotia Correctional Facility in Burnside is shown in this file photo. JEFF HARPER/METRO

Quoted

"Every worker has a right to a safe workplace and the employer has an obligation to take measures to minimize the risk of violence in the workplace."

NSGEU President Joan Jessome

scheduled for Monday.

Barrett is facing two counts of second-degree murder in Cape Breton related to the deaths of Laura Jessome in 2012 and Brett Elizabeth in 2006.

Bill Smith, the province's executive director of correctional services, would not speak specifically to the stabbing incident, however he explained when an inmate comes into a corrections facility there's a compatibility as-

essment done, coupled with individual knowledge about the offender.

"Generally, it's a tool that's used across the country," said Smith. "We have a reasonable amount of confidence in it."

The stabbing has launched an investigation both by police and the Department of Justice, in accordance with protocol.

"Our investigation will look into what happened prior to this specific incident," said Minister Lena Diab. "What



Thomas Barrett CAPE BRETON POST

happened at the time and what we can do differently to prevent this from happen again."

The department's fact-finding mission is policy focused and will likely not result in the motive behind the stabbing being made public.

Two charged after Bedford cars broken into

Two people are facing charges after several cars in a Bedford neighbourhood were broken into early Monday.

Halifax Regional Police say around 3:40 a.m. an officer stopped a 20-year-old man and a 16-year-old boy in the 200 block area of Rocky Lake Drive.

Both had stolen goods on

them, police say, and the 16-year-old provided a false name to the officer. It was later determined there were two outstanding warrants for his arrest.

Police checked the area and found several cars on Sunnyvale Crescent, Scotia Drive and Gordon Street had been broken into.

The 16-year-old, who

is from Lower Sackville, is facing seven counts of trespassing at night, three counts of theft under \$5,000, three counts of possession of stolen property under \$5,000 and one count of obstruction.

The 20-year-old, who is also from Lower Sackville, is facing charges of theft, possession of stolen prop-

erty and trespassing at night. **METRO**

Reminder

Police say the incidents are a reminder to people to remove all valuables from vehicles and to lock all doors.

Misuse of disability parking passes must stop: Advocate

Don't take that spot.
Those with invisible disabilities face stigma, says ReachAbility CEO

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halifax@metronews.ca

Tova Sherman did not look disabled when she was using disabled parking spots.

Her knee was in a cast which couldn't be seen under her jeans.

"People give you the sneer," she said. "I've seen the sneer."

The CEO of ReachAbility was only temporarily disabled but was still affected by the stigma directed at people with invisible disabilities.

People with cancer, HIV, Crohn's, colitis and fibromyalgia don't necessarily look like they need the accessible parking spots they use.

There are 10,490 disability vehicle parking permits active in Nova Scotia, a jump of nearly 2,500 in five years.

To accommodate these drivers, HRM currently has 196 accessible parking spaces in Halifax, with 74 downtown and an additional 18 general spaces in downtown Dartmouth.

But, according to Sherman, the problem is not the number of permits or the number of spots.

The problem, she says, is that people who have access to a disability parking pass are frequently using accessible spots when the disabled person is not in the vehicle.

Sherman points to a situation involving her own stepmother as an example.

"My father's wife would often use it when he wasn't in the car, and that was a concern to me, because she was quite able-bodied in those days," Sherman said, adding the practice continued even after he died.

Accessible parking spots

The fine for the first parking offence is \$100, the second offence is \$200 and the third and all subsequent offences are \$400 each.

As the head of an organization supporting disabled people's rights and accessibility, it's a misuse she wants to see stopped.

"First of all, family members: stop abusing it, so that when it's being used properly there isn't all this judgment," said Sherman.

"Second of all: let's stop judging people. Just because we don't see something, doesn't mean it doesn't exist."

In 2013, enforcement officers issued 1,105 tickets for vehicles illegally parked in accessible parking spots on the street and 139 on private property.



One of the many disabled parking spots at the Joe Howe Superstore. ReachAbility CEO Tova Sherman says parking passes for those with disabilities are often misused by family members. JEFF HARPER/METRO

Garbage day

Weekly green cart service begins next week

For the first time, all households across HRM will have the option of weekly green cart collection this summer.

Starting July 2, green carts will be collected weekly across the Halifax region until Aug. 29.

In a release, HRM said this is the first year the additional service is open to all households.

During July and August, HRM said residents can place their green cart at the curb every week even if it's not full. Collection can begin around 7 a.m., so residents are encouraged to place carts at the curb the night before.

Collection will return to the two-week schedule after Aug. 29. **METRO**

Pay-by-phone option gets axed

Snail mail option

HRM said cheques or money orders are still accepted through the mail.

Those looking to pay a parking ticket will not be able to go the "easy" way as of July 1.

HRM said that, starting Canada Day, residents wanting a self-serve option to pay their ticket should visit the municipal website at halifax.ca or call 311 to have an operator assist them with payment.

The pay-by-phone automated service currently

offered through 490-EAZY (3299) will not be available past the end of June.

HRM said this change is due to "industry's move" to phase out the automated technology.

Residents should go to halifax.ca/parking/enforcement or call 311 to pay their parking ticket with a credit card. **METRO**



A city parking meter. METRO FILE

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Risks from rust, corrosion keep destroyer at dock

HMCS Iroquois.

Question is whether to repair, or retire, Halifax-based warship

The Royal Canadian Navy has decided to keep one of its few destroyers tied up after assessing a string of rust patches on its hull and concluding it may not be safe to send out to sea.

Capt. Peter Ryan said naval engineers and architects reviewed the corrosion in an area that stretches between a couple of decks on HMCS Iroquois, which was sidelined in April after the rust was detected.

They are now trying to determine if the aging ship should be repaired or retired, leaving the navy fleet further diminished as more than a dozen other vessels undergo regular maintenance, modernization or repairs.

"They are looking at what they can consider for possible repair options ... (and) whether it can be fixed," Ryan said

in an interview.

He said the destroyer will be used for training until the navy determines its fate.

Images and video taken by divers and obtained by The Canadian Press through access to information legislation show more than a half dozen rust spots on the exterior of the ship and inside in an area behind the solid ballast. Many appear to be a few inches in length.

Another photo from the mezzanine deck indicates an average loss of thickness in the plate of up to 30 per cent and cautions that there is an "allowable loss" of only 20 per cent, according to the Naval Architecture and Material Engineering Non-Destructive Ultrasonic Inspection Report.

Ryan could not say how extensive the corrosion is, nor exactly where it's located, but said officials can't guarantee the ship or crew's safety so it won't leave the dock.

He also couldn't say whether the navy has had to reassign other ships or withdraw from operations as a



Rust on the hull of HMCS Iroquois is pictured in an undated photo obtained by The Canadian Press through an access-to-information request.
DEPARTMENT OF NATIONAL DEFENCE/HANDOUT/THE CANADIAN PRESS

result of the problems with HMCS Iroquois.

Underwater video shows a swath of rust spots that appear to start about 0.6 metres below the waterline.

Cmdr. Jay Harwood, who oversees the fleet's engineering state, said in May that

fixing the 42-year-old ship before it is due to be decommissioned might prove too expensive.

Analysts have said the loss removes a vital asset and certain capabilities from the fleet. The destroyers serve as command and control vessels,

but are also the only naval ships that have long-range air defence missile systems.

With HMCS Iroquois unavailable and its sister ship, HMCS Algonquin, undergoing repairs from an accident in February, the navy has only one destroyer at the ready.

The navy is also without many of its Halifax-class frigates, which are undergoing a lengthy modernization program to add radar and command and control systems, while upgrading radar and missile capabilities.

THE CANADIAN PRESS

Repair

"Until they can figure out what to do for repair options, she will not sail."

Capt. Peter Ryan

WASTE COLLECTION NOTICE GARBAGE/ORGANICS/RECYCLABLES

Canada Day

Please be advised that there will be NO garbage, organics or recyclables collection services on Canada Day, Tuesday, July 1, 2014. Collection services for that day will be provided the preceding Saturday, June 28, 2014.

Collection Services can begin as early as 7am. To ensure collection, please place materials curbside the evening prior to collection day.

No Collection, Canada Day Tuesday, July 1	➔	Collection will occur the preceding Saturday, June 28
Otter Lake Facility Closed Tuesday, July 1	➔	Otter Lake Facility Open Saturday, June 28, 7am – 7pm
HRM Recycling Plant Closed Tuesday, July 1	➔	HRM Recycling Plant Open Saturday, June 28, 7:30am – 6pm

Household Special Waste

The residential Household Special Waste (HSW) Depot will be closed Saturday, June 28 but will be open on Saturday, July 5 from 9am – 4pm.

Household Special Waste mobile depot will be at Georges P. Vanier School in Fall River on Saturday, July 12 from 9am – 4pm.

July & August Weekly Green Cart Collection Service

Summer weekly green cart collection begins Wednesday, July 2.

This additional service will be in effect for the summertime period between July 2 to August 29 and is provided to ALL residents of the municipality.

Please refer to your 2014 Organics Green Cart and Garbage Collection Schedule for regular collection information.

Over the summer months of July and August, you can place your Green Cart out for collection weekly, even if it's not full.

Please have your materials placed curbside before 7am to ensure collection, as times may vary.

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Diplomacy. U.S. secretary of state visits Iraq during 'critical moment'

America's top diplomat said Monday that leaders of Iraq's factions must keep their commitments to seat a new parliament next week, before a Sunni insurgency sweeps away hopes for a lasting peace.

Meeting with all factions, U.S. Secretary of State John Kerry had a dire message to leaders of Iraq's bitterly divided Shiite, Sunni and Kurdish political coalitions who have lived through more than three decades of dictatorship, sanctions and wars.

"This is a critical moment for Iraq's future," Kerry said at a press conference in Baghdad. "It is a moment of decision for Iraq's leaders and it's a moment of great urgency."

Sunnis frustrated with being cut out of power are

increasingly joining the Islamic State of Iraq and the Levant, a bloody insurgency that has been emboldened by battlefield successes in neighbouring Syria's civil war and has made rapid and record gains in Iraq over the past two weeks.

Kerry is seeking to hold the officials to a government transition that the U.S. believes will stave off the threat of a new civil war by giving more power to Iraq's minorities.

Kerry offered few details of his closed-door meetings in Baghdad. But he said each of the officials he met with — including Shiite Prime Minister Nouri al-Maliki — committed to seat a new parliament by July 1 as the constitution requires.

THE ASSOCIATED PRESS



Mourners bury 15 bodies on Monday in a cemetery in the village of Taza Khormato near the northern oil-rich city of Kirkuk, Iraq. EMAD MATTU/THE ASSOCIATED PRESS

Ukraine separatists agree to ceasefire

Negotiations. Rebels also promise to release hostages — observers from the Organization for Security and Co-operation in Europe — as talks continue

Insurgents promised Monday to honour a ceasefire declared by the Ukrainian president and engage in more talks to help resolve the conflict that has left hundreds dead in eastern Ukraine.

The announcement came on the first day of talks between a former Ukrainian president, the Russian ambassador, European officials and the eastern separatists who have declared independence.

The negotiations were launched in line with President Petro Poroshenko's peace plan, which started with a week-long unilateral ceasefire Friday to uproot the mutiny that has engulfed the nation's industrial east. Hundreds of people have been killed in the fighting and tens of thousands have fled their homes.

Alexander Borodai, one of the rebel leaders who took part in Monday's talks in Donetsk, Ukraine, said they would respect the ceasefire declared by Poroshenko, which lasts



A girl says goodbye to her friend, a volunteer, during a ceremony on Monday to take the oath of allegiance to the country, in Kyiv, Ukraine. SERGEI CHUZAVKOV/THE CANADIAN PRESS

into Friday.

The rebels, who have declared their border regions independent and fought government troops for two months, also promised to release the observers from the Organization for Security and

Cooperation in Europe whom they have held hostage.

President Vladimir Putin, meanwhile, talked on the phone Monday with President Barack Obama, urging direct talks between warring parties in Ukraine.

The Kremlin said Putin underlined in Monday's conversation that in order to normalize the situation in eastern Ukraine it's necessary to "effectively end fighting and start direct talks between the conflicting parties." THE ASSOCIATED PRESS

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Egyptian-Canadian journalist gets shocking seven-year prison sentence

Stunned. Family of Mohamed Fahmy calls on Ottawa to take a clear stance in his defence after optimism swept away by verdict

"Thank you Canada. I will be arriving soon for some love. No terrorism plans, I promise :)"

This is one of several tweets Egyptian-Canadian journalist Mohamed Fahmy had asked his brother to send Monday as soon as an Egyptian judge ordered his much anticipated release.

But in a shocking turn of events, Fahmy and two other Al-Jazeera journalists were sentenced to seven years in prison on terrorism-related charges, a verdict widely denounced as an attack on freedom of expression.



Canadian-Egyptian journalist Mohamed Fahmy gestures from the defendant's cage during a sentencing hearing in a courtroom in Cairo, Egypt, Monday. AHMED ABD EL LATIF/EL SHOROUK NEWSPAPER/THE ASSOCIATED PRESS

"No one expected this verdict at all," Fahmy's brother, Sherif, said in a phone interview from Cairo. "Mohamed,

when I saw him last week ...he was extremely optimistic."

To see that hope swept away has dealt the family a

crushing emotional blow, he said.

"My parents are too old for this ... My mother, for ex-

Quoted

"Do something that proves that you actually care for Mohamed, that is what I am asking them to do."

Sherif Fahmy, brother of Mohamed Fahmy, calling on Ottawa to take a clear, public stance in his brother's defence

ample, she broke down today, a total breakdown; none of us are able to calm her down at all."

Fahmy and his colleagues — Australian Peter Grete and Egyptian Baher Mohamed — were employed with Qatar-based satellite news broadcaster Al-Jazeera English when they were arrested on Dec. 29.

All three were accused of providing a platform for the Islamist Muslim Brotherhood group of ousted president Mohammed Morsi, which Egypt's government has branded a terrorist organization.

Fahmy — whose family moved to Canada in 1991 —

lived in Montreal and Vancouver for years before eventually moving abroad for work, which included covering stories for the New York Times and CNN.

His family has previously praised the Canadian government, saying it had been working diplomatic channels to help win his release.

After Monday's verdict, however, Sherif Fahmy said Ottawa should take a clear and public stance in his brother's defence.

"Call the Egyptian president ... call the Egyptian ambassador in Canada, like Britain did today," he said.

THE CANADIAN PRESS



Seeing red in Ottawa

Gov. Gen. David Johnston stops to speak with a soldier as he inspects the Ceremonial Guard at Rideau Hall Monday in Ottawa.

ADRIAN WYLD/THE CANADIAN PRESS

Sudan

Woman convicted of apostasy freed from death row

A Sudanese woman on death row for apostasy had her sentence cancelled and was released by a Khartoum court on Monday, her lawyer and state media said.

State news agency SUNA said the Court of Cassation cancelled the death sentence against 27-year-old Meriam Ibrahim after her defence lawyers presented their case. Her lawyer, Eman Abdul-Rahim, said Ibrahim has left prison and is with her husband and two small children, who had been with her in jail.

Ibrahim, whose father was Muslim but who was raised by her Christian mother, was convicted of apostasy for marrying a Christian. Sudan's penal code criminalizes the conversion of Muslims to other religions, a crime punishable by death.

The sentence drew international condemnation, with Amnesty International calling it "abhorrent."

THE ASSOCIATED PRESS

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Malaysia. Top court upholds ban on use of 'Allah' by non-Muslims

Malaysia's top court weighed in Monday on the country's long-standing fight over the word "Allah," saying non-Muslims cannot use it to refer to God. But the government said hours later the judgment applied only to one newspaper at the centre of the case, adding still more confusion to a deeply divisive debate over religious freedom in the Muslim-majority country.

In a 4-3 ruling, the Federal Court upheld a government ban on the use of the word Allah by non-Muslims in a case against The Herald, a Catholic Malay-language weekly. The court did not elaborate on the implication of its ruling, but the government issued a tersely worded statement saying it only applied to The Herald and Malaysian Christians can still use the word Allah in churches.

The government statement appeared to be an attempt to diffuse tensions in the nation of 29 million people, including a large non-

Bibles

Government officials declined to clarify whether the ban would apply to Bibles and other published texts, as appeared to be the case in last year's ruling by the Court of Appeals that banned The Herald from using Allah.

- Earlier this year, 300 Malay-language Bibles containing the word Allah were seized by Islamic authorities from the office of a Christian group.

Muslim minority.

An umbrella group of Catholic, Protestant and Orthodox churches in Malaysia said Christians will continue to use the word Allah in their Bibles and worship, saying the court ruling was only confined to the Catholic newspaper. **THE ASSOCIATED PRESS**

Drone strikes

U.S. justifies killing Americans

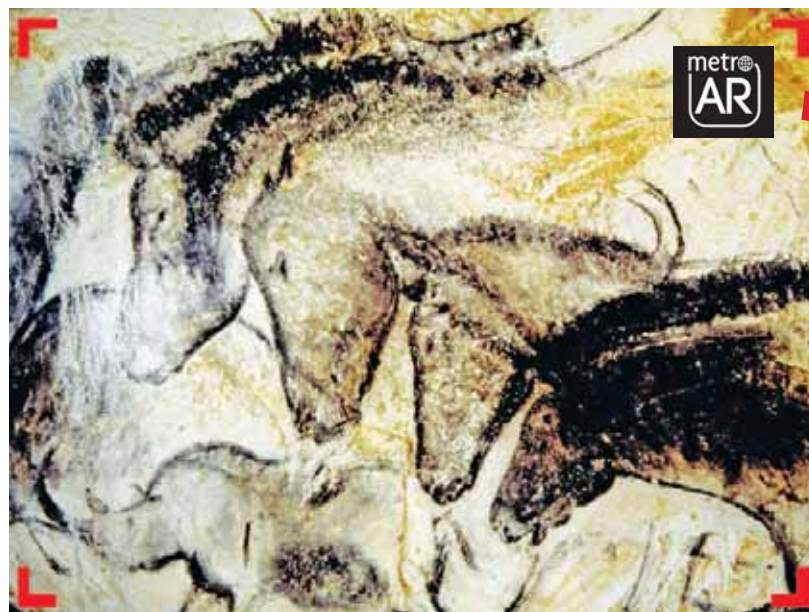
The Obama administration justified using drones to kill Americans suspected of terrorism overseas by saying it would not violate the laws of war, according to a government memorandum released Monday. The memo provided legal justification for the September 2011 killing in Yemen of Anwar Al-Awlaki, an al-Qaida leader who had been born in the United States.

THE ASSOCIATED PRESS

All for pension checks

U.K. couple get life for killing parents

A British husband and wife who murdered the woman's parents and collected their pension checks for 15 years were sentenced Monday to life in prison. A jury convicted Susan and Christopher Edwards of shooting William and Patricia Wycherly in 1998. **THE ASSOCIATED PRESS**



France's cave art added to UN heritage list

This photo provided by the French Ministry of Culture shows a drawing in the Cave of Pont d'Arc in southern France. Drawings of mammoths, human footprints and other art carved on cave walls about 30,000 years ago have been inscribed on UNESCO's World Heritage list. The UN cultural agency says that the Decorated Cave of Pont d'Arc contains the best preserved figurative drawings in the world. Scan this photo with your Metro News App to see more images from the Cave of Pont d'Arc. DRAC RHONE-ALPES, MINISTERE DE LA CULTURE/THE ASSOCIATED PRESS

U.S. lagging in paid family leave: Obama

Maternity leave.

Employers in U.S. only required to provide unpaid leave for medical and family reasons.

U.S. President Barack Obama said Monday that the United States should join the rest of the industrialized world and offer paid leave for mothers of newborns.

"Many women can't even get a paid day off to give birth — now that's a pretty low bar," Obama said at the White House Summit on Working Families. "That, we should be able to take care of."

While some companies offer paid family leave to attract workers, the 1993 Family Medical Leave Act only requires that employers provide unpaid leave for medical and family

reasons.

Obama praised California, Rhode Island and New Jersey for creating a state benefit. But he has not endorsed legislation that would create a similar national system funded by a payroll tax, and he pledged in his 2008 presidential campaign not to raise taxes on families making under \$250,000 a year.

When Obama came to the White House, he instituted six weeks of paid leave for his workers when they have a child, get sick or injured or need to care for an ailing family member, using his authority to set his staff's compensation under the personnel code.

He does not have the power to award paid leave to other federal workers without congressional action since they are covered under a different section of law. The White House has supported the goal of legislation introduced by lawmakers to

Parental leave

- The United States and Papua New Guinea are the only countries in the developed world that do not offer paid leave for new parents.
- Canada offers one of the longest paid parental leaves at one year, but one of the lowest pay-outs, at a maximum of about \$500 a week.
- Russia offers two months leave before birth and as much as 18 months after birth.
- Sweden offers 16 months parental leave.

change that, but it has yet to get through Congress.

Obama also encouraged employers to have more flexible work schedules and directed federal agencies to expand flexible work arrangements where possible. He also urged Congress to pass legislation requiring employers to accommodate pregnant employees so they can continue to perform their jobs. **THE ASSOCIATED PRESS**

Quoted

"There is only one developed country in the world that does not offer paid maternity leave, and that is us. And that is not the list you want to be on — on your lonesome. It's time to change that."

U.S. President Barack Obama

Commuter Challenge HFX 2014



On behalf of SmartTrip, Clean Foundation and Stepping Up, congratulations to the 2014 Commuter Challenge HFX Cup Winners: **NS Dept. of Health and Wellness!**

Halifax kept its #1 ranking in its category!

• 16,314 Kg CO2 Avoided • 7,493 Litres Fuel Saved • 635,192 Calories Burned!!

Highest Employee Participation Medal Winners

• Zed Events • Justice Canada, Atlantic Region • Mountain Equipment Co-op
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Honourable Mention

• McInnes Cooper • Capital Health • Canada Revenue

Exercise your options. Give your car a day off! www.commuterchallenge.ca

Special thanks to the Art Gallery of NS for hosting the awards at the 2 Wheelers Exhibition. www.artgalleryofnovascotia.com



Congratulations to all the participating workplaces and employees.

Heckler apologizes to female peer

Hooting and hollering.

Japanese assemblyman comes forward after officials scramble to identify who made derogatory remarks at a presentation on fertility and marriage

A Tokyo city assemblyman apologized Monday for shouting out a sexist remark at a female counterpart last week — but denied that he meant to insult her.

Akihiro Suzuki, 51, reversed his earlier denial and came forward five days after officials scrambled to identify the voices heard during Ayaka Shiomura's presentation on issues such as infertility, maternal support and delaying marriage during an assembly session Wednesday.

A voice from the floor said "You are the one who should get married first," followed by laughter and more heckling, including "She must be single" and "Can't you even have babies?"



Tokyo city assemblyman Akihiro Suzuki bows to his female counterpart Ayaka Shiomura at Tokyo Metropolitan City Hall in Tokyo as he apologized for a sexist remark he made last week. KYODO NEWS/THE ASSOCIATED PRESS

Suzuki apologized over the first remark, but denied making the others. He said he never meant to insult her but wishes she could marry soon.

"I really hoped she could marry soon, bearing in mind this ongoing trend where women are delaying marriage

and having fewer children," he said. "But there are people who cannot do so even if they want to, and I realize what I said lacked consideration."

Suzuki said he personally apologized to Shiomura, a 35-year-old former TV personality, and her colleagues.

of opposition Your Party
before the news conference.

He left the ruling Liberal Democratic Party to take responsibility for causing the embarrassment to his fellow members, but vowed to keep his seat in the Tokyo assembly.

THE ASSOCIATED PRESS

CNSC proposes radiation-fighting pills for accidents

Canada's nuclear watchdog for the first time is proposing that people living near reactors be given a precautionary stock of radiation-fighting pills in case of an accident.

The Canadian Nuclear Safety Commission has been reviewing the country's emergency preparedness and response regulations in the wake of the meltdown at Japan's Fukushima reactor in 2011.

Many countries have already adopted a system where residents near nuclear reactors are given iodine thyroid blocking tablets to store in their homes. The thyroid glands, especially in younger children, are the most susceptible to absorbing radiation that is ingested or inhaled.

The safety commission has been consulting with

various groups, including environmentalists and nuclear license holders, on its latest regulatory draft. It is proposing the tablets be made available within "plume" area of radiation, of about 10 kilometres, for a selective portion of the population. Some energy producers have expressed concern about the proposal, and have balked at the idea that a "selective" pre-distribution be undertaken for a wider area beyond the first 10 kilometres.

A nuclear safety commission document summarizing the comments lists Ontario Power Generation as wanting to delete the words "selective pre-distribution" and adding the words "the opportunity for pre-distribution ... will be made" within the 10 kilometre zone. **THE CANADIAN PRESS**

Quoted

"This is a good step towards catching up with other countries; Canadians deserve protection on par with international best practices."

Shawn-Patrick Stensil, nuclear analyst for Greenpeace

[illegible]

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ATLANTICCHEVROLET.CA

Take this Ringly as a sign of my love and devotion to my phone?

Commitment. For those looking to take things with their smartphone to the next level, comes a Bluetooth-connected ring

The first wearable tech smart ring vows to keep you connected to your phone. Ringly uses Bluetooth LE to alert wearers to a call, text or even Tinder.

The New York-based boffins behind the band say it's designed to help women discreetly stay on top of hectic social and professional engagements without the need to constantly check their phone.

The 18-karat gold-plated gadget inlaid with a choice of four semi-precious stones — black onyx, rainbow moonstone, pink sap-

phire and emerald stone — features four vibration patterns and five colours that can be assigned to different notifications.

Co-founder Christina Mercado tells Metro why women need to have their (ring) finger on the smart technology pulse.

Nowadays, we're more connected to smart technology than ever before, so why do women need this piece of wearable tech?

One day after work I was out with some friends and totally lost track of time. My phone was buried in my purse, so I didn't get any of the texts from my boyfriend, who was telling me that I was late for our dinner reservation. That's when I realized that women have this huge problem of missing important phone calls and notifications because they,

unlike men, don't keep their phones in their pockets.

Is the functionality of the design more important than its esthetic?

We are a fashion-first company that packs small and powerful technology into beautiful jewelry. It was important to create a product that women would want to wear even if it didn't have technology inside.

The ring sends an alert if the wearer strays too far from their smartphone. Is this made for the forgetful and absent-minded?

Nowadays we have to worry about so many things: wallets, keys, Metrocards and phones. There have been many occasions when I leave the house without my phone, so we decided to build in a feature that



In a serious relationship with your smartphone? Put a Ringly on it. RINGLY

would solve this as well. The range of connection to your phone is around 20

feet, and if you walk too far away from your phone or leave it behind, Ringly will

notify you that you are out of range.

METRO WORLD NEWS

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Go Wild!
PLAYGROUND

SATURDAY, JUNE 28TH*
12NOON – 4:00PM

FREE Cookies*
(while quantities last)

FREE Face Painting & Loads of FUN on the Playground!*



HAPPY CANADA Day!
—LET'S KICK IT OFF IN STYLE!

SATURDAY, JUNE 28TH*
Live Music 8:00PM - 10:00PM

FREE Cake(while quantities last)

FIREWORKS
at Pondsides Amphitheatre 10:00PM



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TSX
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OIL
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Natural gas: \$4.44 US (-\$0.08)
Dow Jones: 16,937.26 (-9.82)



GOLD
\$1,318.40 US (+\$1.80)

Germany. Robot 'Ray' is the valet of the future

Got a plane to catch and don't feel like hunting for parking?

Travellers at Dusseldorf airport in Germany can soon leave the job to a robot valet.

An airport spokesman says the robot, nicknamed Ray, starts work Tuesday and can be booked using a smartphone app.

Thomas Koetter says all travellers need to do is leave their car in a designated area, and confirm it's empty and ready to go.

Then Ray or one of its cybernetic colleagues will take the car to one of 249 parking spaces reserved for robots.

Koetter says the forklift-like machine can carry any standard car weighing up



Parking robot 'Ray' transports a car in Germany Monday. THE ASSOCIATED PRESS

to 3.31 tons and is fully insured.

He says the service costing \$39.43 US a day targets busy business travellers, but is open to anyone.

THE ASSOCIATED PRESS

Made by Takata

Defective airbag recall spreads

A recall of defective airbags is spreading to more manufacturers.

BMW, Chrysler, Ford, Honda, Mazda, Nissan and Toyota will all recall cars at the U.S. government's request because their air bag inflators could rupture.

In each case, the air bags are made by Japanese supplier Takata.

The government opened an investigation after getting six reports of air bags rupturing. THE ASSOCIATED PRESS

Top court ruling

Sports gambling a no in Atlantic City

The U.S. Supreme Court on Monday left in place a ban on sports gambling in New Jersey, rebuffing an attempt to bring betting on professional and college sporting events to Atlantic City casinos and the state's racetracks.

The state's appeal was led by Gov. Chris Christie. It argued that New Jersey was trying to limit illegal sports wagering and capture some of that money for the state treasury. THE ASSOCIATED PRESS

SORRY, PANTENE, I'M NOT BUYING IT

Pantene wants women to stop saying "sorry." Last week the hair-care brand launched a new marketing video that depicts women saying "sorry" in various situations that really don't warrant an apology.

The viral video, which already has more than two million views on YouTube, urges women to stop asking for forgiveness in everyday situations, be confident and #shinestrong.

This shine strong message is a subtle reminder that Pantene isn't only selling female empowerment, it's also hawking shampoo with Pro V antioxidant formulas designed to give you shiny, glossy hair.

The Sorry Not Sorry video reminds me of Dove's Campaign for Real Beauty, which encourages women to love our bodies and be proud of our curves. It's a nice idea, but Dove subverts its own body-positive messaging by retailing intensive firming cream



SHE SAYS
Jessica Napier
metronews.ca

designed to eradicate the same cellulite we're supposed to be embracing.

The problem with both campaigns is that these companies — as progressive as they might hope to appear — are out to sell products. Dove and Pantene tell us to be confident in our own skin, but they're also trying to cash in on our insecurities. We buy hairspray and scented body wash and moisturizing lotion because we have been told we should look and smell and feel a certain way.

Of course we shouldn't be apologizing all the time ... unless it's about our dull, lacklustre hair, right?

Despite what Pantene would have us believe, I don't think "sorry" is a gendered word designed to disempower modern women. The word has simply become a habitual placeholder for all sorts of phrases. It's a term used by both men and women to get someone's attention

#thisisnotwhatfeminismlooklike

Faux-feminist rallying cries like #wearebeautiful and #shinestrong are hard to stomach when you consider the fact that these companies are ultimately the ones perpetuating the beauty standards they claim to overthrow.

or as a knee-jerk response to any sort of physical contact with a stranger. I don't say "sorry" because I feel weak in my everyday life; I say "sorry" because it's usually the polite thing to do and because I was raised in a country of overly apologetic Canadians.

I understand that beauty companies want to create a meaningful dialogue with women, but they have to stop patronizing us with these over-the-top viral videos and cutesy hashtags.

So I'm sorry, Pantene, I'm not buying your marketing campaign — or your hair products.

ZOOM

Futbol and fancy dress

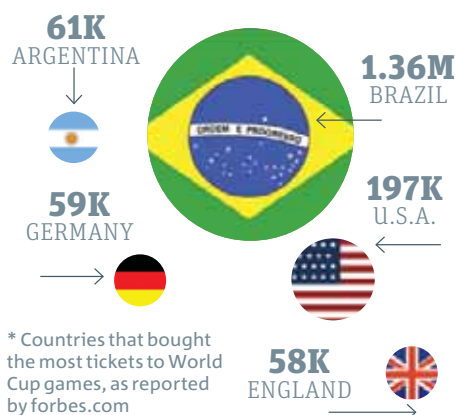


ALL PHOTOS THE ASSOCIATED PRESS UNLESS OTHERWISE NOTED



While some of these teams didn't survive the first round, Metro salutes all of the World Cup fans who, no doubt, have made their fellow countrymen and women proud. Clockwise from top left: Fans from Cameroon, Argentina, Netherlands, Brazil, Honduras and Croatia cheer on their teams.

Biggest spenders*



Least hooligan-y

- Japanese fans scored top points at this World Cup from the cleanup crew, after tidying up after themselves and leaving stands immaculate.

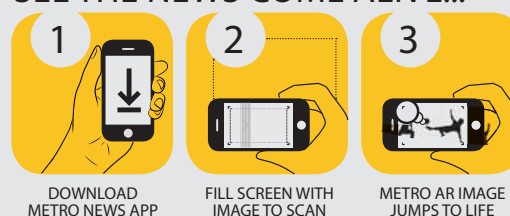
Most appropriated

Oct. 22, 2003

Date which can be traced as the birth of what is now soccer's most prolific chant. It began in a bar in Milan with fans of Belgium's Club Brugge K.V. chanting a riff from Seven Nation Army by The White Stripes. This was adopted and nurtured by Italy, brought across the Atlantic by Penn State, and then co-opted by fans around the world. **DEADSPIN.COM**

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on page 14 in Scene and page 24 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!
3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

The man who runs with bees



ANDREW FIFIELD
andrew.fifield@metronews.ca

Like moving to the country and opening a bait shop, beekeeping's a career that's easy to admire from afar on a day when you've had enough of sitting at a desk.

Oregon beekeeper Wolf Carr never had such idle daydreams, it seems. He figured out pretty early on that having hives was the life for him and this short profile film makes his typical day seem like one to envy. If this lovely slice of Wolf's sweet life has you intrigued, you can learn more at julietzulu.us. And if that's not enough, we could always take up beekeeping together. (Juliet Zulu/Vimeo)



SCREENGRAB

How Banks found salvation in dark R&B

Musical catharsis.

Singer has anger to thank for her songwriting and subsequent success

RICHARD PECKETT

Metro World News in London

"If I wasn't that lost or lonely, I don't know if I would have even discovered music," says Jillian Banks, the R&B singer-songwriter better known as Banks. She's speaking of her parents' divorce; the mental distress and solitude of her teen years were escalated through her family's domestic disputes.

But rather than go full-throttle on self-destructive teen rebellion, the L.A.-based 26-year-old, whose debut album *Goddess* drops this September, used her anger as a catalyst for musical creativity.

"It was such a blessing to be so angry," she explains. "If I wasn't in such a dark place I wouldn't have been in a weird enough mood to start tinkling about on the piano."

She channelled her repressed inner turmoil into a "fake keyboard that only needed a napkin-light touch to make a noise," she shares.

This instrumentally crude musical catharsis was the beginning of what would become her now signature darkly pulsing beat.

"I felt like this person who wanted to scream, but didn't have a voice. I felt mute and completely helpless because I didn't know what to say or how to say what I was feeling."

"And all of a sudden all of these weirdly intricate poems were coming out with melodies on top of chords."

Banks had had no formal musical training at this point. In fact, she still writes all her songs by ear, which maybe accounts for her alternative, sultry brand of R&B.

Her writing is an emotional confessional, apt from an artist who has a bachelor's degree in psychology.

"My music speaks for itself with what I go through — things that are hard to talk about in real life. Music is where I feel completely liberated and free to express myself."

Her candid honesty led to her first accidental release



Banks' debut album, out in September, is called *Goddess*. GETTY IMAGES

Quoted

"I felt like this person who wanted to scream, but didn't have a voice. I felt mute and completely helpless because I didn't know what to say or how to say what I was feeling."

Banks, R&B singer-songwriter

Before I Ever Met You to be dubbed a breakup jam.

True to her word, Banks is reticent when asked to divulge the so-called "nitty gritty" of what sparked the song.

But she admits that all her music is "me, me, me, me, me. It's almost voyeuristic to listen to; I'll have to be fearless releasing all this stuff — I just hope people connect to it," she giggles.

She doesn't need to worry. Banks has already been anointed by BBC Radio 1's Zane Lowe, who nominated *Before I Ever Met You* as his Next Hype record in 2013, can count Katy Perry among her fans and has had tracks used both on a Victoria's Secret ad and the movie *Divergent*.

None of this would have been possible had Banks' manager not been bold enough to rip the track from her private SoundCloud account and whisked it away to the influential ear of the BBC DJ.

"It was a blessing from the universe," she says. "It kind of gave me that extra little push to be fearless; I would die for him (Zane Lowe)," Banks gushes.

The singer is far from being some boastful upstart; she's timid and borderline fragile.

Like all artists, she needs the support of her fans, but in her case, it sounds more like a desire for emotional support, constantly referring to "connecting to people".

AUGMENTED REALITY

→ Want to see a beautiful music video? Scan this photo with your Metro News app to check out Banks' video for her song *Waiting Game*.



→ See the full instructions on Metro's Voices page.

It's a phrase that can read hollow and insincerely earnest; however, for Banks, music is a medium for honest emotion.

"When you hear a voice that's singing something that sounds like they had to sing in order to get up, that's real art," the songstress opines.

Tortured artist? Perhaps. She's certainly handled and branded with a delicacy rarely seen for a performer who's only released a handful of EPs.

The marketing has been a slow, perfectly planned inception: a brilliantly played paradox of hype and mystery. Banks has only relatively recently joined Instagram, while her management handle her Twitter and Facebook accounts, the latter of which still lists her phone number.

"I just didn't feel natural tweeting and I wanted to do something that felt like me," she explains. She answers, too, although admits it's difficult these days to stay on top of the texts and calls.

Her intangibility has seen Banks craft a persona as the high priestess of dark pop. She has the goth-girl qualities of Lorde, with the fatalism of Lana Del Rey and the emotional complexity of actress Veronica Lake.

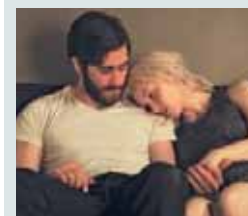
It's a guise that sees her fans flock to her shows where — dressed in draped monastic all-black capes and enshrouded by smoke — she delivers her song-like sermons to her disciples.

"You're all goddesses," she rasps during a performance in London to the hypnotic gaze of her followers.

Indeed, performance in front of her disciples is the validation for the enchantress, but not her lifeblood.

"The writing is what I need to survive mentally, it's my water."

DVD review



Enemy

Director. Denis Villeneuve

Stars. Jake Gyllenhaal, Mélanie Laurent

Toronto history professor Adam Bell (Jake Gyllenhaal) suddenly finds the present more urgent than the past when a perfect doppelgänger named Anthony aggressively enters his life. This is the deceptively simple setup to *Enemy*, a taut psychosexual thriller by Quebec's Denis Villeneuve that won a leading five prizes at this year's Canadian Screen Awards, including Best Director. Based on *The Double*, a novel by Nobel Prize-winning novelist José Saramago, the film was shot in Toronto and bathes the city in sinister hues of brown and grey, making it seem like a character. Admirers of Alfred Hitchcock, Roman Polanski and David Lynch will find a friend in *Enemy*, which also includes intriguing figures played by Sarah Gadon, Mélanie Laurent and Isabella Rossellini.

PETER HOWELL

Blood Ties

Director. Guillaume Canet

Stars. Clive Owen, Marion Cotillard

Good cop/bad con brothers in 1974 Brooklyn (played by Billy Crudup and Clive Owen) clash well, but *Blood Ties* essentially offers the same old, same old story of family friction. It's co-written by James Gray with director Guillaume Canet (who co-starred in the 2008 French original, *Les Liens du sang*). Marion Cotillard, James Caan, Lili Taylor and Zoë Saldana help crowd the cast of this cluttered tale, which wisely has 17 minutes trimmed from the overlong 144 of its Cannes 2013 bow.

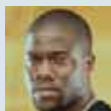
PETER HOWELL

Dancing with the suitors: JLo appears to be getting jiggy with new man

Jennifer Lopez and Dancing with the Stars pro Maksim Chmerkovskiy aren't doing much to dispel rumours that they've recently started dating, if their recent night out at Connecticut's Foxwoods Casino following one of Lopez's concerts is any indication. "Maks

was whispering into her ear and hugging her. They looked very flirty together," a source tells Us Weekly of the pair's time spent in the VIP area of the casino's Shrine nightclub. "She had a huge smile on her face and looked like she was having a great time."

Twitter



@KevinHart4real

Ladies my new nickname is "Bam Bam" and "The BULGE" you know why if you saw "Think Like A Man Too" this past weekend!!!! Lmfao



@ElizabethHurley

Just picked the perfect English rose on a perfect English day



@therealroseanne

leftys and rightys r both wrong.



Lindsay Lohan GETTY IMAGES

London's calling Lohan, but it looks like Kate Moss won't be on the line

If Lindsay Lohan is looking to make her move to London permanent, she's not off to a good start with the locals. Lohan reportedly drew the ire of Kate Moss after reaching out to Moss' husband, musician Jamie Hince, upon her arrival across the pond, which apparently upset the British supermodel, according to

the Sun. Tensions came to a head during a recent run-in between Lohan and Moss at a London restaurant where Moss "was ranting about it to fellow diners," a source says. "The argument went on for a while, and Kate seemed extremely annoyed with Lindsay. People around them noticed it was going on."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Kim Jong Un- happy about portrayal in new Franco- Rogen film

MELINDA
TAUB

Metro World News

If James Franco and Seth Rogen were hoping for an invite to a pickup basketball game with North Korean dictator Kim Jong Un, they can just forget it. Kim Jong Un is in a celebrity feud with them now.

Franco and Rogen star in the upcoming film *The Interview*, in which they play the star and producer of a TV talk show.

Lizzy Kaplan of the CIA informs them that Kim Jong Un is a big fan of their show, and asks them to go to North Korea and assassinate him.

The trailer for the movie dropped on June 11,

and Kim Jong Un, who is believed to be a Western movie buff like his father Kim Jong Il, is not pleased to find himself targeted for a fictional assassination. Unlike most celebrity beefs, this one cannot be settled on Twitter as Miss Manners recommends, but Kim has informed the world of his displeasure through a spokesperson.

"There is a special irony in this storyline as it shows the desperation of the U.S. government and American society," his spokesman Kim Myong-Choi said, according to the Guardian. "A film about the assassination of a foreign leader mirrors what the U.S. has done in Afghanistan, Iraq, Syria and Ukraine. And let us not forget who killed (President John F.) Kennedy — Americans."

"In fact, President (Barack) Obama should be careful in case the U.S. military wants to kill him as well."

If the military sends Seth Rogen and James Franco to do the job, I think Obama will be just fine.

Too many bucks to get Matthew back in the buff?



Matthew McConaughey GETTY IMAGES

Yes, there will be a Magic Mike sequel, but don't expect Matthew McConaughey to show up for this one. "Word has it Matthew is probably not going to be involved in this one because he's worth a lot of money," co-star Gabriel Iglesias tells Dish Nation. "That whole Oscar thing. The nerve, right?" Iglesias explains that while he hasn't seen the full finished script yet, what he has seen so far does not include McConaughey's character. "All they're telling me — because they haven't shown me the whole script yet — is that they're taking the show on the road," he says. "So something tells me it's not going to be shot in Florida like the last one."



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A 360-degree beach body plan

Stop comparing yourself to bikini models. Be your own boss. Eat lots of lean meat. Manipulate your metabolism. Health and fitness experts tell us what to do to look great four weeks, not four days, before your summer holiday.

ROMINA MCGUINNESS
Metro World News

It's \$\$\$, but when you can, buy organic

You'll be taking in fewer calories, so you need to make sure your body is getting the most nutrient-dense foods possible: "The same nutritional count is in an organic blueberry as a non-organic one; only the latter is loaded with chemicals your body cannot process. These are then stored by the body as a low level of inflammation, damaging cells at a high rate. Clean, organic foods, however, will go through your body with ease," says Gwyneth Paltrow's personal trainer Tracy Anderson.

Only pure protein

"You need to make sure your body has protein at the ready to build and rebuild tissue that has been torn down during a workout. And by that, I don't mean quinoa and

lentils, but non-fried, non-processed lean beef, chicken, eggs or fish," fitness expert Gunnar Peterson, who works out with most of the Kardashians.

Be your body's boss

"As soon as you're out there on the beach and you order some nachos and a margarita — you're going to bloat right back up," warns Anderson. "If you think you have about five pounds to lose ... then aim to shed 10." This will give your body leeway.

Have a plan, and actually stick to it

"Starving yourself is nothing but brain damage," Michelle Bridges, well-being guru and author of Total Body Transformation, tells Metro. Be consistent: "Get on the scales, jot your measurements down, and do a mini fitness test: Time how long it takes you to run one kilometre, and see how many crunches, squats, and push ups you can do in one minute. Now start training for 30-45 minutes, six days a week. The most important is to establish a routine. Redo that same fitness test after four weeks, and I can guarantee you will have improved."

Sleep is when your body goes to work

When you think of bodybuilding, you picture big workouts and big weights, though that's actually not good for your body. Muscle tissue is broken down during a workout, only to be repaired and strengthened during the recovery process. But this can't happen without sleep, which is when the body fixes itself, says Peterson. "Sometimes it's not about getting in another workout, but an extra hour of sleep. Some people get by on four, but that's not optimal; the body shuts down after a while. Seven hours is good for an adult."

Manipulate your metabolism

Turn your engine from a two-stroke to a V8: "The best way to increase your

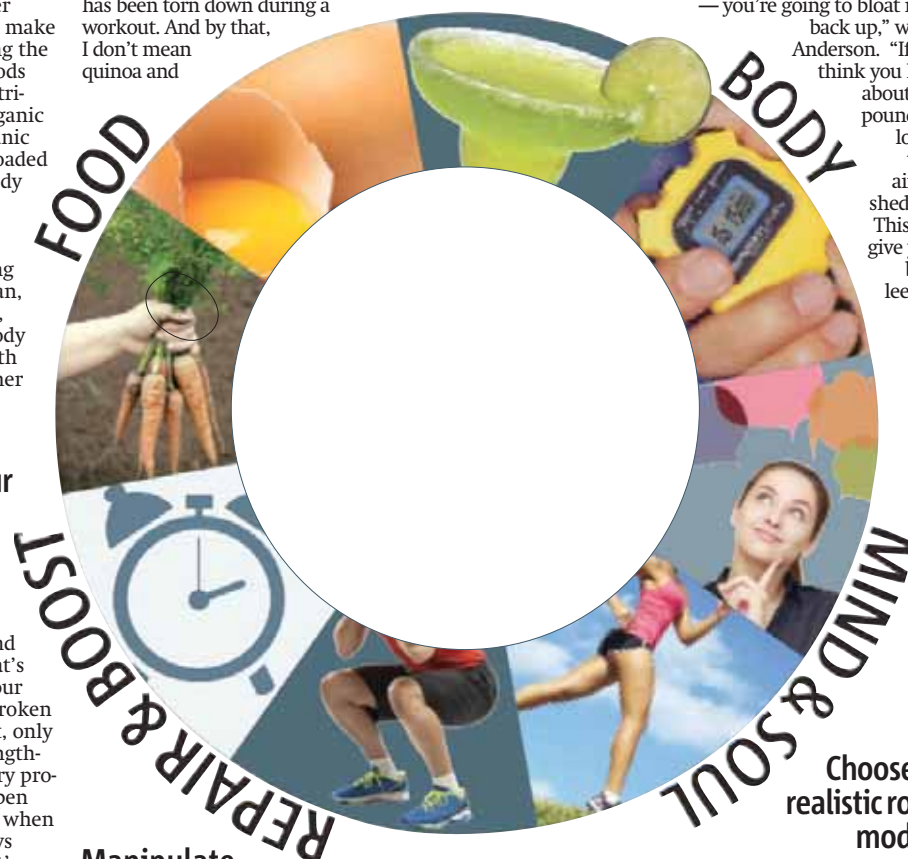
metabolism is to include weights (such as kettle bells or dumbbells) in your cardio-based workouts. Your muscles will become leaner and denser, which in turn, helps burn more body fat.

Choose a realistic role model

"If you truly believe that beauty is looking like a random magazine model, you're never going to be happy. You're never going to feel good in a bikini, or naked for that matter," warns Anderson.

What do you really want?

"Want an awesome diet and exercise plan? Google it," says Bridges. The real issue is figuring out what's going on in your head: "People beat themselves up mentally when a diet doesn't work out, which is far more damaging than being overweight ever will be. Nothing is going to change unless you adopt the right mindset. Figure out a week-by-week schedule, and think about what you really want, whether that's fitting into a size 10, or being able to run five kilometres. Only then will you be ready to tackle the rest," she explains.



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Weeknights at 6 KB counts down the HOTTEST songs of the day

- 6 Disclosure ft Sam Smith Latch
- 5 DJ Snake ft Lil John Turn Down For What
- 4 Calvin Harris Summer
- 3 Ariana Grande ft Iggy Azalea Problem
- 2 Sam Smith Stay With Me
- 1 Iggy Azalea ft Charlie XCX Fancy

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Sweeten soup pot for red lentil day

Affordable family food

Ancient crop packs a one-two punch



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Protein packed lentils are one of the most ancient crops known to have been cultivated. It crops up in history 8,500 years ago likely because it is a plant that grows easily in arid or cool regions. Loads of varieties are available and they are cheap and easily found at any grocery store. They are one of the few beans that don't require soaking or any other preparation which makes them a perfect and affordable family food.

Some of the more common varieties include:

- **Puy lentils:** Small blackish green, lower-starch variety. Great for creamy side dishes.

- **Green lentils:** Firm, larger pods

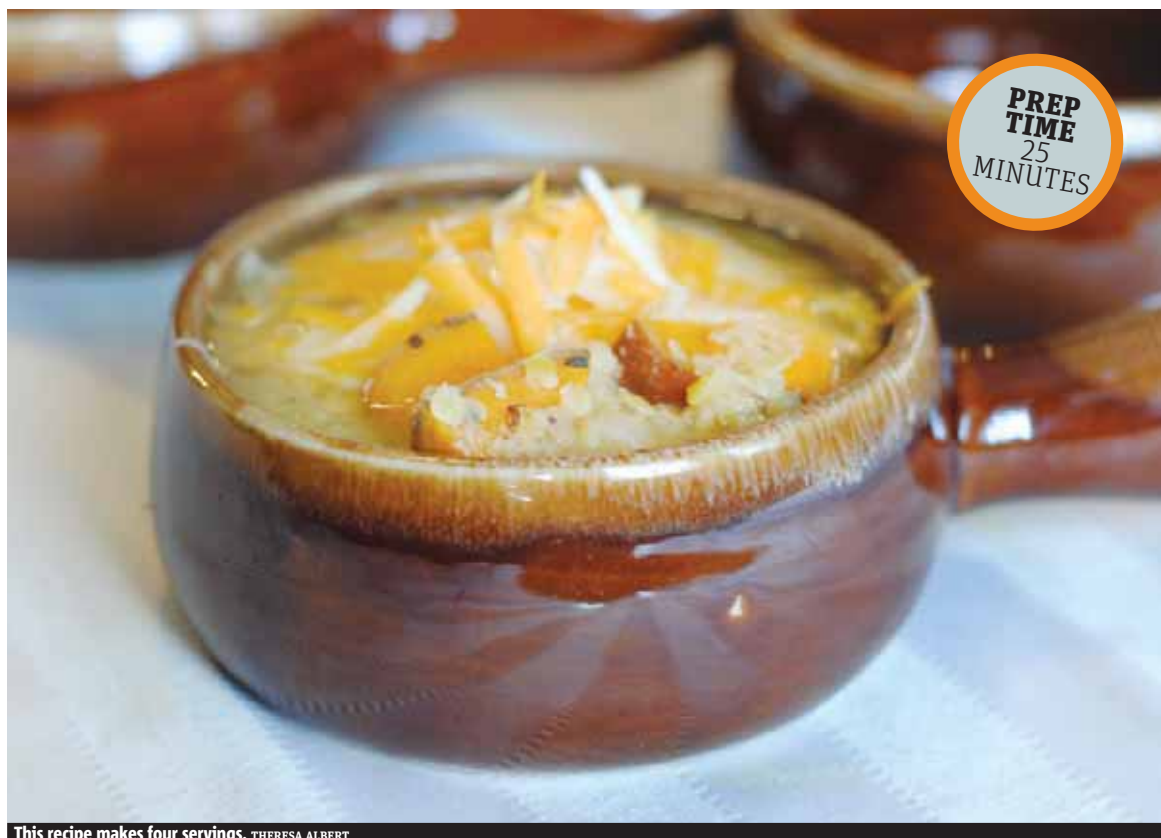
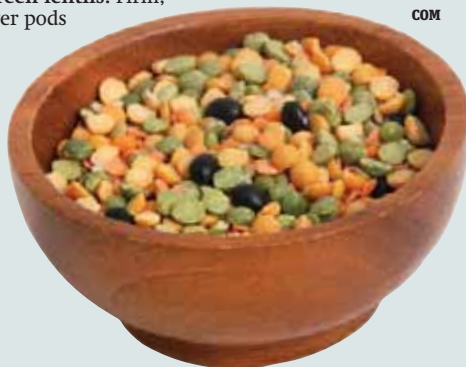
great for cold salads.

- **Red lentils:** Actually the hulled inside of other lentils. Great for soups as they disintegrate when cooked.

All lentils rank very highly on the protein scale and, when paired with cheese and/or nuts make a complete protein just as effective as animal protein at building muscle. They are also one of the best forms of fibre, with one cup serving up just over half of your day's needs.

Just remember when cooking any lentils, pulses or beans not to add any acid like lemon or vinegar until the very end. Doing so stops the breakdown of the fibre so that they will not cook further. A good thing to curb the mushies but bad if you don't like crunching on pebbles.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



This recipe makes four servings. THERESA ALBERT

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but the skins are full of nutrients and are just as edibly delicious as white potato skins. Just give them a good scrub and chop!

Directions

1. Warm a large pot over medium-high heat and melt butter. Add onions and sweet potatoes; stir.

2. Add broth and water; add lentils. Bring to a boil, turn down to simmer and cover. Let simmer for 20 minutes.

You can feed a family of four for under \$2 with a soup of high-protein lentils, nutrition-packed sweet potatoes and onions.

Cheese is optional and will cost a bit extra.

I know it seems weird not to peel the sweet potatoes

Ingredients

- 1 tsp butter
- 1 onion, chopped
- 1 small sweet potato, scrubbed and cubed, skin on
- 4 cups chicken or vegetable broth
- 1 1/2 cups water
- 1 cup red lentils
- 1 tbsp dried basil
- pinch dried red chili peppers
- 1/2 tsp black pepper
- 1 tbsp molasses
- 8 tbsp grated cheddar cheese (optional)

3. Stir in basil, chili peppers, pepper and molasses.

4. Grate cheese if using and serve at the table.

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Baked fries get kick from orange curry dip

As kids grow, their willingness to try a variety of flavours grows, too. But kids' and teens' palates, can be easily overwhelmed, so pairing known foods with newer tastes is the way to go.

This orange citrus and curry dip has a subtle flavour kick that will introduce young eaters to the sweet-savoury combination in a familiar way — after all, most kids won't turn down French fries.

A mildly sweet orange dip with just a hint of curry is the perfect dipper for oven-crisp

sweet potato fries. This dip is also great with cut-up veggies and crackers!

Directions

1. Peel and cut sweet potatoes into 1/2-inch (1 cm) thick slices. Toss with oil, salt and pepper.

2. Bake on two parchment-paper-lined baking sheets on bottom and middle racks of 425 F (220 C) oven, switching and rotating sheets and tossing once, until tender and edges are browned and crisp,

Ingredients

Potatoes

- 3 large sweet potatoes
- 1 tbsp. olive oil
- Pinch each salt and pepper

Dip

- 1/3 cup light mayonnaise

- 1/3 cup sour cream
- 4 tsp Minute Maid Frozen Original 100% Orange Juice concentrate
- 3/4 tsp curry powder
- Pinch each salt and pepper (to taste)

30 to 35 minutes.

Orange Curry Dip

1. Meanwhile, in bowl, whisk together mayonnaise, sour cream, Minute Maid Frozen

Original 100% Orange Juice concentrate, curry powder, salt and pepper until smooth. Serve with fries.

NEWS CANADA/MINUTE MAID

MAIN STREET DARTMOUTH

Bringing back the glory days

*Mixed-use designation paves the way
for residential and retail projects*

A generation ago Main Street Dartmouth was a premier shopping destination in Metro. With a landmark decision handed down by HRM Regional Council last year, those Main Street glory days may be about to make a return. Last September, council voted to give the street a “Main Street” designation, clearing the way for the commercial district to become a mixed-use pedestrian-friendly town centre that could change the face of the commercial district for the next generation.

Not that the street lacked a sense of community already. The Main Street area has long been a neighbourhood that pulls together — from the area church that hosts classes and allows their parking lot to be used for the annual Clean

Sweep, to the Army Navy Veterans Club that hosts a local parade every fall.

“Our Business Improvement District looks at this community as more than a collection of businesses,” says Graziella Grbac, executive director of the Main Street Dartmouth Area Business Improvement District.

“Businesses can’t survive without the rest of the community so we’re happy to promote what’s going on regardless if it’s a community event, a business promotion or a grand reopening.”

Grbac says that when it comes to hosting networking events everyone in the community takes an interest. “Whether it’s our community churches, our business or non-profit



The annual veterans’ parade is a signature event for the Main Street area. CONTRIBUTED

organizations, they all come to our networking events.”

While the strip along Main Street from NSCC Akerley campus to the hill in front of the Mic Mac Parclo is the most visible part of the Business Improvement District, the boundaries also include Lakecrest Avenue, and Tacoma Drive as well as the adjoining streets that connect Main Street to Tacoma.

“With our new zoning bylaws in place and the new Horizon project under development, there have been so many changes taking place along Main Street in the last year,” says Grbac. “It’s a very exciting time for our Business Improvement District.”

— Tom Mason

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MAIN STREET

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Main Street a hub for health and wellness businesses

There's a trend developing in the Main Street Dartmouth Area Business Improvement District.

A quick survey of businesses in the area reveals a tremendous amount of focus on health and wellness. From walk-in clinics and physiotherapy clinics, fitness classes, karate clubs and yoga studios, dental businesses, health stores — even pet nutrition and veterinarians — it's possible to find a wealth of health services for the whole family in the area.

"We did a count last month," says Graziella Grbac, executive director of the Main Street Dartmouth Area Business Improvement District. "We counted 44 health-related services in the Main Street area. We believe we have the biggest concentration of health and wellness businesses in Nova Scotia within a one-kilometre area."

There are six doctors and three medical clinics open for business in the Main Street Area. Add to that three chiropractic and physiotherapy clinics, eight dental businesses, four pharmacies and five fitness facilities. Eye



Main Street Mikey CONTRIBUTED

care clinics, sleep clinics and more than a dozen other health-related businesses round out the local offering.

Grbac says the choices of health and wellness make the Main Street area attractive for residents who can address most of their

health needs within a short walking distance. The concentration also fits in with the concept of "conscious aging," a growing movement that encourages people entering into middle age to plan ahead to promote the health and wellness that will make their senior years more comfortable.

"There are lots of opportunities here for businesses focused around seniors, everything from car rental businesses to recreation opportunities."

The "cluster effect" that's created makes Main Street Dartmouth a great choice for new health and wellness businesses to think about locating in the area as well, especially businesses that complement existing health operations, or those that might be underrepresented in the Main Street district. — Tom Mason



Main Street Dartmouth characters often pop up at special occasions and events. CONTRIBUTED

Characters bring more vibrancy

Main Street Mikey and other mascots a 'living logo' to neighbourhood

He's big and blue with a permanent smile on his face. Main Street Mikey is also a powerful branding and marketing tool for the Main Street Dartmouth Area Business Improvement District. It comes down to photo opportunities, says executive director Graziella Grbac.

"People pay attention to Main Street Mikey," she says. "If they see a photo of Mikey getting an eye exam or doing pilates at Choice Chiropractic's grand reopening, they notice it. It brings attention to the business being showcased."

Mikey often joins a cast of characters who represent Main Street at street events, grand openings, parades and community gatherings. "Our mascot and char-

acters give vibrancy to our community by showing up at our events," says Grbac. "It's a way of saying we're different; we're about community, not just business and industry."

The mascot makes for an effective living logo, says Grbac.

"Mikey was designed to give person-hood to our logo, the vertical Main Street sign you see on our material and across from the college. On Mother's Day we featured a picture of Mikey next to the sign by the Nova Scotia Community College labelled 'like mother like son.'"

Mikey has also become a star on social media. The Main Street Improvement District often post pictures of him visiting local businesses — photos with labels asking "where's Mikey?" He even has his own Facebook page and is currently accepting friend requests from fans.

"We have lots of fun with him," says Grbac.

— Tom Mason

"PEOPLE PAY ATTENTION TO MAIN STREET MIKEY ... IT BRINGS ATTENTION TO THE BUSINESS BEING SHOWCASED."

— Graziella Grbac

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Still no sign of improvements to bus issues

For Metro Transit travellers in Cole Harbour, Woodside, the Prestons and other areas of Dartmouth, getting to the Main Street Business District can be a daunting process. Commuters often face sporadic service and travel times of more than an hour. That's a big problem, according to Graziella Grbac, executive director of the Main Street Dartmouth Area Business Improvement District.

"It's actually much quicker to get a bus to Main Street from Halifax, but the problem is that most of the customers who are travelling to the Main Street area aren't coming from

Halifax. They're coming from other parts of Dartmouth." Grbac says, adding that Main Street Dartmouth is the only major street in HRM without a dedicated bus.

"If bus commuters want to get to the Nova Scotia Community College or to any of the businesses in our business district they're routed through to Cole Harbour and the Portland Street terminal first," she says. "Unfortunately Metro Transit has concentrated its efforts on getting commuters to bus terminals rather than to business districts."

With one of the largest health and well-

ness districts in Nova Scotia located within the boundaries of the Main Street Business District, Grbac says that many health clients, including seniors, have no choice but to take the bus to the area.

"Unfortunately a lot of these people can't access the area without going through Cole Harbour first," Grbac says.

She noted that even after a flurry of media coverage, the issue is still on the back burner with HRM and Metro Transit. She says there is no mention of improving service to the area in Metro Transit's renewal plan. — Tom Mason



COURTESY TOM MASON

Innovative bike racks pop up around Main Street

How do you make a business district more bicycle friendly? For starters, how about some well placed bicycle racks. When those bike racks feature an eye-catching design that's been crafted by the neighbourhood community college, even better.

The Main Street Dartmouth Area Business Improvement District took the idea for their custom made bike racks to the one organiza-

tion in the community that could solve the problem — the Akerley campus of the Nova Scotia Community College. They met with the metal fabrication class, and submitted a design for the bike rack — a clever prototype in the shape of a bike.

"The original bike rack that was used for the prototype was made out of aluminum, says NSCC Akerley principal Greg Russell. "That's

a material that can be tricky and expensive to work with. We suggested that using steel tubing would be easier and a lot less expensive."

The entire second-year metal fabrication class expressed an interest in taking part in the project. "It was a real win-win for us," says Russell. "Our students get to be involved in a worthwhile project and we get a chance to give back to our community."

This year, six racks were constructed. In addition to the original prototype in front of John W. Doull Bookseller, the racks were recently installed at the Garden View Restaurant, Classic Physiotherapy, Shoppers Drug Mart, Physioclinic, PharmaChoice and Dollarama. Eventually stickers with space for

MORE RACKS ON THE WAY

NSCC staff also volunteered to transport the racks to a local shop to have them powder coated. The Business Improvement District plans to place an order for additional bike racks in the fall, an order that will eventually bring the total number in the area to 16.

advertising will be added, a move designed to bring some revenue to the Business Improvement District. — Tom Mason



Local HRM councillor Darren Fisher and Main Street Dartmouth Area Business Improvement executive director Graziella Grbac show off one of the community's new bike racks. CONTRIBUTED

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The Maritime Fiddle Festival has been a popular event for 65 years. CONTRIBUTED

Sense of community runs throughout

As the new principal of the Nova Scotia Community College's Akerley Campus, Greg Russell is proud of his school's contribution to a recent Clean Sweep initiative in the Main Street area. During the cleanup, students and faculty bagged a truckload of garbage from community streets. "We managed to pick up the most garbage of all the teams involved," he says.

Getting involved is a big part of what the Main Street community is all about. The area plays host to a popular annual Maritime Fiddle Festival organized by the local Rotary Club, now in its 65th year. The festival draws fiddlers and fans from across Nova Scotia and from other provinces and U.S. states.

"Much of the festival takes place at the East Dartmouth Community Centre, which is just outside the boundaries of our district," says Graziella Grbac, executive director of the Main Street Dartmouth Area Business Improvement District. "However, restaurants and churches

in the Business Improvement District host events for the festival, and we're big supporters of it. In fact we'll be putting up banners on Tacoma Drive soon to promote the festival."

Other banners planned for the commercial district include ones to promote the business district, and a few honouring veterans, in preparation for the Main Street area's fall parade in tribute to veterans and those who serve. "It's our signature event," says Grbac.

Grbac says that the new zoning bylaw that was put in place last year is also having a dramatic effect on the community. "We've had a number of changes take place along the street recently since the new bylaw came about. Along with the clearing of space for the new Horizon project, there have been changes to the patio at Tim Hortons and the signage at Classic Physiotherapy. Classic had the sign ready to go a year ago but had to wait for the new bylaws before replacing the old and worn sign."

— Tom Mason

A \$12 million complex that starts from the roots

When Affirmative Ventures opens its \$12 million Horizon project development sometime in the next two or three years, the mixed-use complex will provide a unique combination of affordable housing units and commercial and retail space. But the successful non-profit is not waiting for the project's completion to make Main Street an important part of its operations. Earlier this month, Affirmative Ventures closed down the Cunard Street location of its flagship business — Common Values Gift and Goods Emporium — and moved to Main Street.

"The move made sense for a lot of reasons," says Mike Little, Affirmative Ventures' director of planning and development. "For one thing, we already own the property on Main Street so it made sense for us to pay ourselves rather

"IT'S ALL ABOUT IMPROVING OUR NEIGHBOURHOOD ... THAT'S A BIG PART OF WHAT WE DO AS AN ORGANIZATION AND BEING LOCATED ON MAIN STREET GIVES US A LOT OF OPPORTUNITIES TO DO THAT."

— Mike Little

than paying rent to someone else."

Little says the move to Main Street is also a way of bringing Common Values — a hand-made gift business that supports local artists and craftspeople and provides employment opportunities for people with disabilities — closer to a community where Affirmative Ventures has established ties.

— Tom Mason

Crosby wants NHLers to stay in Olympic Games

Ring of honour. Sid, Team Canada, honoured for Olympic gold

KRISTEN LIPSCOMBE
halifax@metronews.ca

If it was up to two-time gold medallist Sidney Crosby, he and his fellow National Hockey League players won't leave the Olympics any time soon.

"If I go back to my two experiences, they were pretty good," the Cole Harbour hockey sensation said at a Hockey Canada press conference Monday, inciting a chorus of chuckles among media and VIP in attendance at The Sutton Place Hotel.

"With all the things that had to happen to make it work, especially in Russia, it would be a similar case, maybe even more difficult, with the upcoming one," the Pittsburgh Penguins captain added of what will be required to keep NHL players in the Olympic Winter Games come PyeongChang 2018.

Crosby was a pivotal player in winning with Canada's

men's team at the 2010 Olympic Winter Games in Vancouver, B.C., where he scored the golden goal in overtime, and most recently, at the 2014 Olympic Winter Games in Sochi, Russia.

"To represent your country, and have those opportunities, I don't think that ever gets old, no matter what the situation is," Crosby said.

"As a player, I think you're always looking at those opportunities, and you want to be a part of that, so we'll see what happens."

Crosby was in Vancouver for the Hockey Canada Foundation Celebrity Classic at Rogers Arena, an event honouring the country's gold medal-winning teams from the 2013-14 season.

As Team Canada captain, he attended a press conference earlier in the day, alongside Canada's National Women's Team captain Caroline Ouellette of Montreal, Que., and Canada's National Women's Under-18 Team captain Karly Heffernan of Sherwood Park, Alta.

Head coaches from all three teams also spoke.

"The Olympic Games are so special," men's head coach Mike Babcock added.

"My mom never watched sports, but she watched the Olympic Games. People that aren't interested in sports still follow the Olympics. I think it's the greatest opportunity, best-on-best, to sell sport."

Crosby said the experiences of winning the Stanley Cup and gold at the Olympics are "very similar, to be honest."



Sidney Crosby of Canada celebrates following his team's 3-0 victory over Sweden in the gold-medal game at the Sochi Olympics in February. BRUCE BENNETT/GETTY IMAGES

"I wouldn't put one ahead of the other," he said. "Both (are) special If I think about play-

ing for Pittsburgh, I feel like there's pressure there, too.

"But there's certainly a lot

when you talk about representing your country, being a hockey player in Canada."

Quoted

"When you play for Team Canada, I think the amount of pride that comes with that, but the amount of pressure, too — you understand that pretty quickly." Sidney Crosby

Halifax Mooseheads. Drouin, Fucale named to world junior summer camp



Halifax Mooseheads' goaltender Zach Fucale JEFF HARPER/METRO

In what should come as no surprise at all, two members of the Halifax Mooseheads have been named to Hockey Canada's summer development camp for the world junior team.

Goaltender Zach Fucale and forward Jonathan Drouin were two of 41 players named to the camp roster on Monday, which will meet from Aug. 3 to 8 in Brossard, Montreal and Sherbrooke, Que.

Fucale and Drouin both played on last year's world junior team that fell to 2-1 to Rus-

QMJHL representatives

There are four goaltenders, 12 defencemen and 25 forwards invited to the camp, which includes seven players from the QMJHL.

sia in the bronze medal game.

The camp is used to help Hockey Canada's braintrust in the process of picking the team that will skate at the 2015 world junior tournament. METRO

QMJHL

Herd to open pre-season at home

The Halifax Mooseheads announced their pre-season schedule Monday and it includes three home dates.

The Mooseheads will open their exhibition season on Aug. 16 at 7 p.m. against the Saint John Sea Dogs at the Halifax Forum. Halifax will also play two home games against the Cape Breton Screaming Eagles on Aug. 23 in Truro and Aug. 28 at the Forum.

Tickets for the three home dates go on sale on Aug 1. METRO

NBL of Canada

Rainmen re-sign all-star point guard

A familiar face will be leading the Halifax Rainmen's offence next season.

The National Basketball League of Canada team announced Monday that they had re-signed all-star point guard Cliff Clinkscales for the 2014-15 season.

In 18 games last season, Clinkscales averaged more than 11 points and 10 assists. "We are extremely excited to have our team leader and floor general back," said team owner Andre Levingston. METRO

4 SPORTS

Leading scorer. Neymar's pair of goals help Brazil tame Cameroon Lions

Neymar lived up to the expectations of the World Cup host nation Monday, scoring two goals as Brazil routed Cameroon 4-1 to reach the knockout stage as the top team in Group A.

Fred and Fernandinho added second-half goals for Brazil, which will face South American rival Chile in the second round.

Neymar netted twice in the first half, on either side of midfielder Joel Matip's goal for Cameroon in the 26th minute.

He opened the scoring off a low cross by midfielder Luiz Gustavo in the 17th, deftly side-footing the ball home from close range, then restored the lead with a low right-foot strike from the top of the penalty area in the

Satisfied

"If I'm not mistaken, this is our best game yet."

Brazilian superstar Neymar

35th after a pass by left back Marcelo.

"If I'm not mistaken, this is our best game yet," Neymar said. "Everyone deserves congratulations for their efforts until the end."

Fred found the net in the 49th and the substitute Fernandinho struck in the 84th.

Brazil finished Group A with seven points after two wins and a draw. It ended with the same points as Mexico, but had a better goal difference. **THE ASSOCIATED PRESS**

Moving on. Mexico beats Croatia 3-1 and secures its second-round spot

Mexico surged into the World Cup's knockout stage for a sixth straight time Monday with a 3-1 win over Croatia.

Rafael Marquez, Andres Guardado and Javier "Chicharito" Hernandez scored in a 10-minute span in the second half, dooming a talented Croatia side to elimination.

The Croats had to win to advance and held the bulk of possession, but had trouble seriously threatening goalkeeper Guillermo Ochoa until an 87th-minute consolation goal from Ivan Perisic.

Mexico entered the game needing only a draw, and looked dangerous in attack, but



Mexico's Andres Guardado
GETTY IMAGES

was kept out until the three-goal burst. **THE ASSOCIATED PRESS**

Gay slur chants

Watchdog chides FIFA for not punishing Mexico

A monitoring group has challenged FIFA to show leadership in tackling discrimination after the sport's world governing body dropped an investigation of Mexico fans chanting an alleged gay slur.

FIFA's disciplinary panel ruled Monday that the chant heard during Mexico vs. Cameroon on June 13 "is not considered insulting in this specific context."

Closing that case ended

potential FIFA action against Brazil's football federation after fans exchanged the same chant during the host nation's game against Mexico last Tuesday.

Fare, which monitors discrimination at matches, said the ruling contradicted expert opinion and FIFA President Sepp Blatter's pledge to use the World Cup to fight discrimination.

"A genuine zero-tolerance approach to all forms of discrimination will mean that FIFA will need to take some difficult decisions," Claudia Krobitzsch, Fare programs coordinator said in a statement.

THE ASSOCIATED PRESS

Substitutes give Dutch group lead

Van Gaal's touch.

Benchers Fer and Depay score in 2-0 win over Chile to put Holland atop Group B

Two substitutes, two goals.

It seems Netherlands coach Louis van Gaal can do no wrong at this World Cup.

He sent on replacements Leroy Fer and Memphis Depay in the second half of the match against Chile on Monday and they scored both goals in a 2-0 win that confirmed the Dutch as Group B winners with a maximum nine points.

"It is luck," Van Gaal himself said about his super substitutions. "Just luck."

But it was more than that. Fer, listed by FIFA as six feet two inches tall, scored with a header a minute after coming on as a substitute for the five-foot-six Wesley Sneijder.

"I know Leroy Fer is tall compared with our opponents. I know he can head the ball well," Van Gaal said.

Then there was Depay. "We analyzed that Chile in the last 15 minutes gives away more room," Van Gaal said. "If you have a creative player in at that moment, you have the chance to use that space."

Manchester United, which hired Van Gaal to restore its fortunes after a disastrous season by the club's lofty standards, must be delighted even if it has to wait a bit longer



Netherlands' Stefan de Vrij heads the ball past Chile's Francisco Silva, centre, during their group B World Cup soccer match at the Itaquero Stadium in Sao Paulo, Brazil, Monday. FELIPE DANA/THE ASSOCIATED PRESS

Group B

2

Netherlands

0

Chile

for him to join them after the World Cup.

Chile, one of the most attacking and attractive teams at the World Cup, had no

answer at the Itaquero Stadium, especially not without midfielder Arturo Vidal, who watched from the bench.

"I played the best team I had," said Chile coach Jorge Sampaoli.

Juventus star Vidal had knee surgery before the tournament and had a sore Achilles tendon but said a day before the match he felt fit and ready to play.

Both teams had already advanced to the second round, but Chile's first loss of the

tournament consigned it to second place in Group B.

The Dutch now travel to Fortaleza to play Mexico, Group A's runners-up in the round of 16. Chile faces Group A winners, Brazil, in Belo Horizonte.

Dutch stand-in captain Robben said that after three wins out of three, the Dutch squad is hungry for more.

"We can enjoy this fantastic performance, but it must not stop here," he said.

THE ASSOCIATED PRESS

Spain bids farewell with pride

Defending champion Spain salvaged some World Cup pride on Monday with a convincing 3-0 victory over Australia in its last match at the tournament.

After losing their previous matches in Group B to the Netherlands and Chile, both teams took to Arena da Baixada in the southern Brazilian city of Curitiba knowing they could not advance to the second round.

David Villa, on his 97th and final appearance, put Spain ahead in the 36th minute with his record 59th goal, guiding Juanfran Torres' pass into the

net with the inside of his right foot. Juanfran had been found by a typically incisive pass by Andres Iniesta.

"We stepped up against Australia and won this match, and I'm happy to have participated in the first goal," said the 32-year-old Villa, who has called time on his international career. "It's sad because we would have liked to have spent more time here, but that's how it is."

Iniesta was at the heart of the second goal, too, providing the pass for Fernando Torres to steer the ball past Australia

Heads held high

"We went out with dignity."

Spain's coach Vicente del Bosque

goalkeeper Mat Ryan in the 69th minute.

Juan Mata, who replaced an emotional Villa early in the second half, added the third in the 82nd from close range, stroking the ball under Ryan after he was found in space by fellow substitute Cesc Fabregas.

THE ASSOCIATED PRESS



Spain's Andres Iniesta
GETTY IMAGES

Horoscopes

Aries

March 21 - April 20

A relationship may have been under strain of late but don't despair. Before this week is over you will have patched up your differences and be the best of friends again.

Taurus

April 21 - May 21

If you are tired of playing second fiddle then now is the time to do something about it. Let important people know what you can do. Part of the problem is you rarely push yourself forward.

Gemini

May 22 - June 21

The next few days will be memorable — hopefully for the right reasons. You are more likely to enjoy yourself if you let go of hang-ups and allow yourself to enjoy what life has to offer.

Cancer

June 22 - July 23

Try to accept the ups and downs of daily life with serenity. It's not as difficult as it sounds — just don't take anything, including yourself, too seriously.

Leo

July 24 - Aug. 23

Don't worry too much about keeping things civil today. If you've got something to say then come right out with it and, if certain people don't like it, too bad!

Virgo

Aug. 24 - Sept. 23

You will get several interesting offers over the next few days. How will you know which of them are right for you? Just listen to your inner voice. You already know all the important answers.

Libra

Sept. 24 - Oct. 23

The planets will bring out the devil-may-care side of your nature over the next 24 hours. You will thoroughly enjoy shocking people.

Scorpio

Oct. 24 - Nov. 22

You may be in the mood to change things but the planets warn there are some things it might be wiser to leave as they are for the time being. Make changes for a reason, not just because you can.

Sagittarius

Nov. 23 - Dec. 21

You will get things done quicker today if you join forces with like-minded people. Also, tell that special person in your life how much you adore them. They may need some reassurance.

Capricorn

Dec. 22 - Jan. 20

Decide what it is you need to accomplish. No matter how many disappointments you have suffered in recent weeks the planets indicate that from here on it will be success all the way.

Aquarius

Jan. 21 - Feb. 19

You may be in the mood to settle an old score but is that really sensible? Focus only on positive objectives and pretend that negative and annoying people do not exist.

Pisces

Feb. 20 - March 20

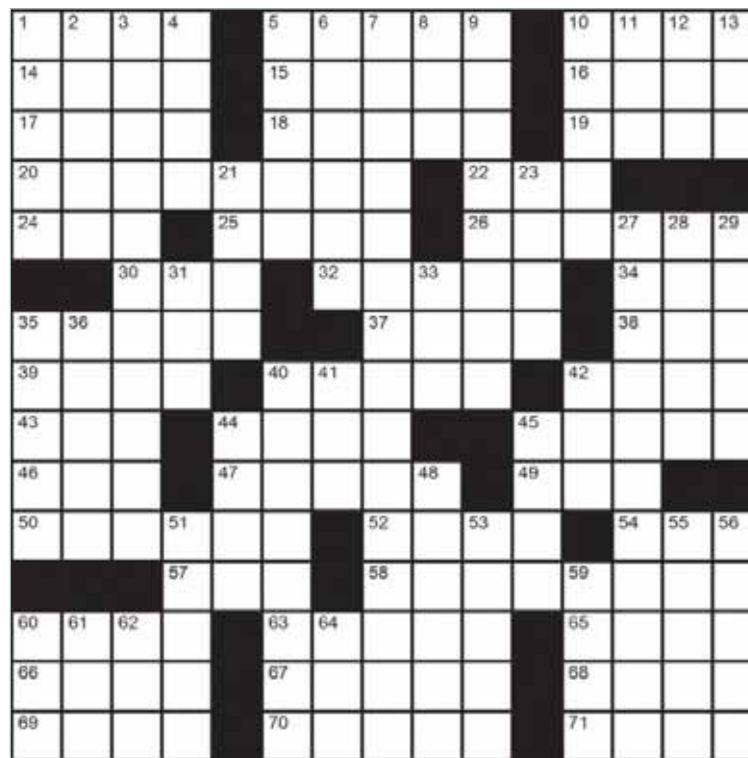
If you know what it is you want, act decisively. Someone in a position of authority thinks you are special and they will think you are even more special after today!

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Baseball glove
- Chef Ms. Lakshmi
- 1997 Great Big Sea album
- "It's ___-way street."
- Royal ___ Golf Club, in Scotland
- Upset
- Churn
- Blow
- Some slitherers
- Canadian provider of green energy
- ___ + Pill = Well
- NFLD's ocean
- American state
- Scottish band, ___ Minds
- Writer Mr. Fleming
- Cuts
- Bolt
- Army vehicles
- "Darn it!"
- Compass pt.
- Gymnastics great Ms. Korbut
- Symbolic pole
- Con
- Moviedom's Ms. Mendes
- Shoes: ___ support
- Book for Bridget Jones
- Drollness
- Decorator Mr. Berkus, and others
- Branch
- One of Doc and Grumpy's colleagues
- Chair
- "Adieu!"



- Word's li'l meaning
- Rapper Expert on ABC's "Rising Star"
- Music's Ms. Mitchell
- Role on "Star Trek"
- Geese: French

- Count ___ (Jim Carrey role in 2004)
- Mount in the Yukon, Canada's highest
- Sing-y syllables
- Uptight
- Sixth, in Italy
- Mr. Warhol

Down

- Venemous snake, Black ___
- "Cut ___!" (Stop already!)
- Newfoundland tourist destination, the 'Iceberg Capital of the World'
- Cost
- Prefix to 'dactyl' (Flying reptile)
- Old battleground artefacts
- "Making It Work" band from Vancouver: 4 wds.
- Broom alternative

- CASL = Canada's ___ Legislation (It comes into force July 1, 2014)
- Sacred song
- 'L' in L.A.
- Dadaist Jean
- Aye
- Fish parts
- Itemize
- Central Great Lakes-St. Lawrence ___ Region
- Of the moon
- The other side
- Jennifer Lopez's new album
- Wrath
- Miriam ___, Canadian novelist from Steinbach, MB
- Certain cartoon Chipmunk
- Piled-up-with-food carriers
- Libran's mo.
- Lady's love
- Hockey star Mr. Kopitar
- Info
- Georges ___ (French painter, b.1859 - d.1891)
- Enlighten
- A Bell for ___ (John Hersey novel)
- Move over
- Homework assignment
- Pepsi's partner
- Mr. Pesci
- Not new
- Henpeck
- Shed tool

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

7	3	2	4	5	1	8	9	6
5	1	8	7	9	6	4	2	3
9	6	4	8	3	2	7	1	5
4	8	5	9	7	3	2	6	1
3	9	1	2	6	4	5	8	7
2	7	6	5	1	8	9	3	4
6	4	9	3	8	5	1	7	2
8	5	3	1	2	7	6	4	9
1	2	7	6	4	9	3	5	8

		1					4	6
	8	4		7	2			
9			1					
8		2	3		6			
	3						6	
			4		9	5		2
				4				3
			9	3		8	2	
2	5					7		

Today

22°/12°
Mainly sunny

Wednesday

18°/14°
Showers
60%

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Rondo EX Luxury shown¹
hwy / city 100km²: 6.3L/9.2L



Sportage SX Luxury shown¹
hwy / city 100km²: 7.0L/10.0L



Sorento EX shown¹
hwy / city 100km²: 9.0L/12.7L

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Offer(s) available on select new 2014/2015 models through participating dealers to qualified retail customers who take delivery by June 30, 2014. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to \$1,665, PPSA, other fees and certain levies (including tire levies) and A/C charge (\$100, where applicable) and excludes licensing, registration, insurance, and other taxes. Other lease and financing options also available. 0%/0.99% financing offer for up to 84 months available O.A.C. to qualified retail customers, on approved credit for the new 2014 Sportage LX MT FWD (SP551E)/2015 Sorento 2.4L LX AT FWD (SR758F) with a selling price of \$21,641/\$25,595 and includes delivery and destination fees of \$1,665, tire tax of \$15, A/C charge (\$100, where applicable) and a cash bonus of \$3,198/\$3,244. Bi-weekly payments of \$119/\$146 for 84 months with \$0 down payment. Credit fees of \$0/\$902. Total obligation is \$21,641/\$26,497. See retailer for complete details. *Purchase price for the new 2014 Sportage LX MT FWD (SP551E)/2015 Sorento 2.4L LX AT FWD (SR758F) is \$21,641/\$25,595 and includes a cash bonus of \$3,198/\$3,244 (which is deducted from the negotiated price before taxes). Retailer may sell for less. *Cash purchase price for the new 2014 Rondo LX MT (RN551E) is \$18,639 and includes a cash savings of \$5,000 (which is deducted from the negotiated price before taxes and cannot be combined with special lease/finance offers). Retailer may sell for less. *Cash bonus amounts are offered on select 2014/2015 models and are deducted from the negotiated price before taxes. \$4,000 cash bonus only available on the 2014 Optima Hybrid LX (OP744E) and includes a \$1,000 ECO-Credit. Offer ends June 30, 2014. See your dealer for complete details. *Cash savings amounts are offered on select 2014 and 2015 models and are deducted from the negotiated cash purchase price before taxes. Offer ends June 30, 2014. See your dealer for complete details. *Model shown Manufacturer Suggested Retail Price for 2015 Sorento 3.3L EX AT AWD (SR758F)/2014 Rondo EX Luxury (RN756E)/2014 Sportage SX AT Luxury AWD (SP759E) is \$34,495/\$32,295/\$38,295. *Highway/city fuel consumption is based on the 2015 Sorento LX 2.4L GDI 4-cyl (A/T)/2014 Rondo 2.0L GDI 4-cyl (A/T)/2014 Sportage 2.4L 4-cyl (A/T). These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the EnergyGuide Fuel Consumption Guide. Your actual fuel consumption will vary based on driving habits and other factors. *The Bluetooth[®] wordmark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. *Sirius, XM and all related marks and logos are trademarks of Sirius XM Radio Inc. and its subsidiaries. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.